

# 2 FREE Introductory Classes

## Shorin Ryu Traditional Karate

Students will learn basic, intermediate, and advanced blocks, strikes and kicks

## Tuite

### Self Defense

Learn how to defend yourself effectively by manipulating joints to control and incapacitate an opponent or attacker.



## Kumite/Kobudo Sparring/Weapons

This will be taught once the students have attained the appropriate skill level normally associated with the attainment of the more intermediate/advanced ranks.

## Martial Arts Class

A Membership Fee of \$50 is a requirement mandated by the Grizzly Insurance agency and Universal Martial Arts Association (UMAA). The membership is valid for one year and is non refundable.

Classes are held  
Tuesday/Thursday 6:30 p.m.  
Saturday 1 p.m.  
at the Fitness Center.

**CALL NOW!**  
**228-871-2668**

TEXT CBCFitness to  
30364 to receive the  
latest Fitness  
updates.